



WEEKLY CLUB BULLETIN

# SWARNPATH

ROTARY CLUB OF SONEPAT

**PANKAJ SETH**  
President

**ASHISH GHOSH**  
District Governor

**JOHN KENNY**  
RI President

**SUMEET ALAKH**  
Secretary



*Celebration  
Annets' Nite  
Saturday 01 May 2010*



**Rotary Club of Sonapat**

RI District. 3010



Chartered 22.03.1957

"We Meet Every Friday at 8:30 pm, Palki Banquet, Delhi Road, Sonapat

# 2009-10

For Private Circulation Only



CLUB ID 15396

President : Rtn. Pankaj Seth

R.I. President : Rtn. John Kenny

Dist. Governor : Rtn. Ashish Ghosh

Secretary : Rtn. Sumeet Alakh

Bulletin No. 43/09-10

29<sup>th</sup> April, 2010

## NEXT MEETING

# ANNETS' NITE

The next meeting of the Club will be held as per the following programme:

<b>Day:</b>	Saturday	
<b>Date:</b>	1 <sup>ST</sup> May, 2010	
<b>Time:</b>	8.00 - 8.30 P.M.	
-- Fellowship	8.30 P.M. onwards	
-- Programme	<b>Shubham Garden,</b>	
<b>Venue:</b>	Murthal Road, Sonapat	
<b>Program:</b>	<b>Annets' Nite</b>	
<b>Organising Committee :</b>	<b>Rtyne. Tesu Alakh</b>	
	<b>Rtyne. Bhawna Sehgal</b>	
	<b>Rtyne. Shweta Batra</b>	
	<b>Rtyne. Kavita Solanki</b>	
	<b>Rtyne. Dr. Alka Malik</b>	
<b>(Meeting will be followed by POOL DINNER)</b>		

The much awaited and most rehearsed meeting of the year, titled ANNETS' NITE has finally arrived. The annets of the Club are very enthusiastic about this annual meeting, where they get a chance to show their talent. It is undoubtedly one of the best meetings, we have been enjoying for the last several years.

Another highlight of this special meeting will be a Pool-Dinner to be organised by **Pool Leader Rtn. I.D. Dembla**, who will be leading the following Pool members:

<b>Pool Members:</b>	• PP Rtn. Dr. Rakesh Rai
• Rtn. Rajiv Kathpalia	• Rtn. Sunil Narang
• Rtn. Rtn. C.S. Jabbal	• PP Rtn. R.P. Mukhija
• Rtn. Dr. D.K.Srivastava	• Rtn. Raja Sehgal
• Rtn. Ramesh Fatehpuria	• Rtn. Hetesh Kapur

So, to encourage the lovely annets of the club and to enjoy the hospitality of Pool members, please join in large members.

## LAST TO LAST MEETING

## GEETON BHARI SHAAAAM

As the name suggests, it was an evening full of melody, held on Saturday, the 24th April, 2010, at lush-green, well-lit, glittering Legend Gardens, Sonapat. The arrangement and the ambience at the venue was very soothing and conducive for such meeting.

After a brief welcome address after calling the meeting to order, President Rtn. Pankaj Seth handed over the charge to Meet Chairman PP Rtn. Dr. Rakesh Rai, who conducted the meeting in his own style.

The meeting started with a **Bhajan** by ever-green and blessed-with-melodious-voice, **Rty'ne Manju Kathpalia**. To give time to our Rotarians and Rty'nes to warm up, **a professional singer took the stage and recited 3 gazals**, followed by a complete and perfect GEETS recited by our Rotarians, Rty'nes and Annets. The following were the performers on this eventful evening:

- Rty'ne Shweta Batra
- Rty'ne Priyanka Sehgal
- Rty'ne Charu Suri
- Rtn. Sanjay Suri
- PP Rtn. Dr. Rakesh Rai
- Rtn. Ajay Chhabra
- Rty'ne Gursharan Kaur
- PP Rtn. Tribhuvan Kaushik
- Annet Aman Chaudhary
- Annet Muskan Kaushik
- PP Rtn. Vijay Mehta
- PP Rtn. Surinder Bahl
- Rtn. Ashish Jain

All the performances bore a stamp of class, the fact proved by audience sitting patiently till well past mid-night.

A very innovative and a different-from-routine Pool Dinner, organised by Rtn. RAJAT DODA and his team of Pool members was another highlight of this wonderful evening. Rtn. Rajat Doda had planned very well and with the same pace, he executed his plans to make the evening, specially Pool Dinner, a memorable and unforgettable experience. **We express our most sincere thanks to Pool Dinner Team led by Rtn. Rajat Doda, who has shown his skill of a leader by organising such a wonderful dinner.**

**We also place on record the services of Rty'ne Manju Kathpalia, who left no stone unturned to make this meeting a success.**

**PPRtn. (Dr.) Rakesh Rai deserves our whole-hearted thanks for conceiving, planning and executing such a Musical Evening.**

## LAST MEETING

## POLIO RAVIVAR 25<sup>TH</sup> APRIL, 2010

Last meeting was dedicated for the basic challenge of Rotary i.e. POLIO. Though it was a NID on 25<sup>TH</sup> April, 2010 Rotarians of our club, however, worked dedicatedly for the cause.

All the Polio Action Group of Rotarians assembled at the residence of our Meet Chairman Rtn. Ved Chaudhary at 9.30 A.M. as time given in bulletin. After a refreshing tea & Cold Drinks at the residence of Meet Chairman, all the Rotarians Action Group for left the assembly point towards the various Polio Booths in slum areas as well as most of the locations of 15 & 14th Sectors of Sonapat in their cars filled with refreshment snacks for the Polio Camp workers, sweets, whistles, face mask & pencils for the kids so that they are enthusiast about having drops regularly in N.I.D.

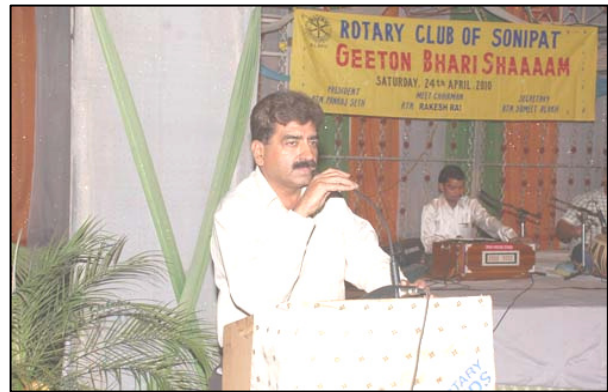
Most parents & staff appreciated Rotary's commitment and this surely satisfied our Action Group. Overall, this meeting proved to be a very satisfying commitment of our Rotarians.

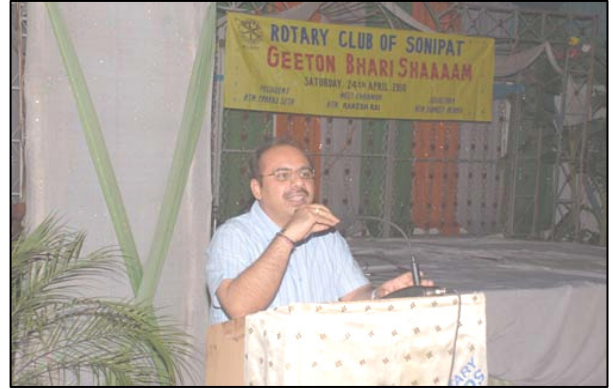
We take this opportunity to **thank our Polio committed Rotarians** Action Group of Meet Chairman Rtn. Ved Chaudhary, Rtn. Ajay Chaudhary, Rtn. Ashish Jain, Rtn. Mohinder Malik, Rtn. Rishi Garg, Rtn. Pankaj Seth and Rtn. Ashish Batra for standing up for this noble cause of Rotary to 'END POLIO NOW'.

The meeting concluded at the residence of Rtn. Ved Chaudhary over a very heavy & delicious breakfast prepared by our dear Rty'ne Manju Chaudhary. Her commitment for the hard working Polio Action Group can never be forgotten. Thank you Rty'ne Manju Chaudhary.

**Thank you ROTARIANS – The POLIO MUST END NOW.**

# GLIMPSES – GEETON BHARI SHAAAAM





# Invitation

**Rtn. Manish Malik**  
cordially invites you to the  
opening of his New Showroom –

**WEEKENDER**

on Sunday, 2<sup>nd</sup> May  
At

**Shop No. 16, M.C. Market  
Near Civil Line Thana  
Subhash Chowk, Sonapat.**

## **PRESIDENTS COLUMN**

### **VALUED PATIENCE – REQUIREMENT FOR HUMANS**

**Dear Rotarians today I would like to revisit a very old story about –‘The Faithful Dog’. Though this story gives us a lesson but can we extract more from it today apart from the faithfulness & trust expected from a creature.**

The story goes like-

There is a legend of a woman who had a faithful dog. This dog was so faithful that the woman could leave her baby with it and go out to attend other matters. She always returned to find the child soundly asleep with the dog faithfully watching over him.

One day, something tragic happened.

The woman as usual, left the baby in the "hands" of this faithful dog and went out shopping. When she returned, she discovered a rather nasty scene. There was a total mess.

The baby's cot was dismantled. His nappies and clothes torn to shreds, with bloodstains all over the bedroom where she had left the child and the dog. Shocked, the woman wailed as she began looking for the baby.

Presently, she saw the faithful dog emerging from the under the bed. It was covered with blood and licking its mouth as if it had just finished a delicious meal. The woman went berserk and assumed that the dog had devoured her baby. Without much thought, she clubbed the dog to death.

But as she continued searching for the "remains" of her child, she beheld another scene.

Close to the bed was her baby who, although lying on the bare floor, was safe. And under the bed, the carcass of a jackal torn to pieces in what must have been a fierce battle between it and the dog which was now dead.

Then reality hit the woman, who now began to understand what took place in her absence. The dog fought to protect the baby from the ravenous jackal. It was too late for her now to make amends because in her impatience and anger, she had killed the faithful dog.

**Dear Rotarians a simple think over Question for you for this week : How often have we misjudged people and torn them to shreds with harsh words and even with physical assault before we have had time to evaluate the situation? A little patience can drastically reduce major life long errors.**

Think about it !

**Rtn Pankaj Seth**

## **Ages when different parts of the body start to lose their battle with time. – (Part-2)**

### **• *BONES Start ageing at 35***

'Throughout our life, old bone is broken down by cells called osteoclasts and replaced by bone-building cells called osteoblasts - a process called bone turnover,' explains Robert Moots, professor of rheumatology at Aintree University Hospital in Liverpool .

Children's bone growth is rapid - the skeleton takes just two years to renew itself completely. In adults, this can take ten years.

Until our mid-20s, bone density is still increasing. But at 35 bone loss begins as part of the natural ageing process.

This becomes more rapid in post-menopausal women and can cause the bone-thinning condition osteoporosis.

The shrinking in size and density of bones can lead to loss of height. Bones in the back shrivel up or crumble between the vertebrae. We lose two inches in height by the time we're 80.

### **• *TEETH Start ageing at 40***

As we age, we produce less saliva, which washes away bacteria, so teeth and gums are more vulnerable to decay.

Receding gums - when tissue is lost from gums around the teeth - is common in adults over 40.

### **• *MUSCLES Start ageing at 30***

Muscle is constantly being built up and broken down, a process which is well balanced in young adults.

However, by the time we're 30, breakdown is greater than buildup, explains Professor Robert Moots.

Once adults reach 40, they start to lose between 0.5 and 2 per cent of their muscle each year. Regular exercise can help prevent this.

### **• *HEARING Starts ageing mid-50s***

More than half of people over 60 lose hearing because of their age, according to the Royal National Institute for the Deaf.

The condition, known as presbycusis, happens due to a loss of 'hair cells' - tiny sensory cells in the inner ear which pick up sound vibrations and send them to the brain.

### ● **SKIN Starts ageing mid-20s**

The skin starts to age naturally in your mid-20s.

According to Dr Andrew Wright, a consultant dermatologist with Bradford NHS Trust, as we get older production of *collagen* - the protein which acts as scaffolding to the skin - slows, and elastin, the substance that enables skin to snap back into place, has less spring and can even break.

Dead skin cells don't shed as quickly and turnover of new skin cells may decrease slightly. This causes fine wrinkles and thin, transparent skin - even if the first signs may not appear until our mid-30s (unless accelerated by smoking or sun damage).

### ● **TASTE AND SMELL Start ageing at 60**

We start out in life with about 10,000 taste buds scattered on the tongue. This number can halve later in life.

After we turn 60, taste and smell gradually decline, partly as a result of the normal ageing process. This can be accelerated by problems such as polyps in the nasal or sinus cavities. It can also be the cumulative effect of years of smoking.

### ● **FERTILITY starts ageing at 35**

Female fertility begins to decline after 35, as the number and quality of eggs in the ovaries start to fall.

The lining of the womb may become thinner, making it less likely for a fertilised egg to take, and also creating an environment hostile to sperm.

Male fertility also starts to drop around this age. Men who wait until their 40s before starting a family have a greater chance of their partner having a miscarriage, because of the poorer quality of their sperm.

### ● **HAIR Starts ageing at 30**

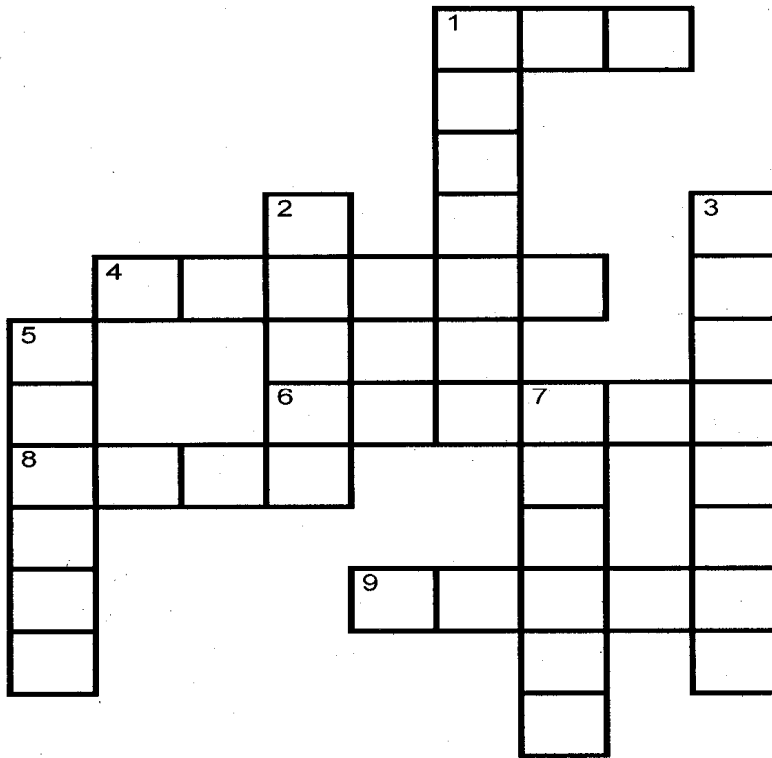
Male hair loss usually begins in the 30s. Hair is made in tiny pouches just under the skin's surface, known as follicles. A hair normally grows from each follicle for about three years, is then shed, and a new hair grows.

However, with male-pattern baldness, changes in levels of testosterone from their early-30s affect this cycle, causing the hair follicles to shrink. Each new hair is thinner than the previous one.. Eventually, all that remains is a much smaller hair follicle and a thin stump of hair that does not grow out to the skin surface.

Most people will have some grey hair by the age of 35. When we are young, our hair is coloured by the pigments produced by cells in the hair follicle known as melanocytes.

As we grow older, melanocytes become less active, so less pigment is produced, the colour fades, and grey hairs grow instead.

# APRIL CROSSWORD PUZZLE



## APRIL CROSSWORD PUZZLE

### Across

1. April is a \_\_\_\_\_ month.
4. The weather is \_\_\_\_\_ in April than in March.
6. Which holiday is usually celebrated in April?
8. April is usually a wet month because of the \_\_\_\_\_.
9. What is the fourth month of the year?

### Down

1. \_\_\_\_\_ begin to bloom in April.
2. Trees turn \_\_\_\_\_ in April.
3. You need an \_\_\_\_\_ in April.
5. April arrives during the \_\_\_\_\_ season.
7. How many days are there in April?

## Rotary International : Council gets ready to meet in Chicago

Delegates from Rotary's 531 districts will be convening in downtown Chicago next week to debate changes to the policies governing Rotary International and its member clubs.

The Council on Legislation, established in 1933, meets every three years to consider changes to the RI Constitution, RI Bylaws, and the Standard Rotary Club Constitution. Over the years, the Council has evolved from an advisory body that convened during a convention plenary session into an independent legislative arm of Rotary International.

This year's Council meets 25-30 April and will be considering more than 200 pieces of legislation submitted by Rotary clubs, districts, and the RI Board of Directors, and compiled by RI staff.

Our Distt. is being represented by PDG Deepak Talwar at COL

Among other items, delegates will be determining the fate of e-clubs, Rotary clubs that meet online. A select number of e-clubs ([http://www.rotary.org/RIdocuments/en\\_pdf/eclub\\_list.pdf](http://www.rotary.org/RIdocuments/en_pdf/eclub_list.pdf)) were chartered as part of the Rotary E-Club pilot project set to expire 30 June.

The proposed legislation would allow up to one e-club per district. E-clubs would hold a regular meeting once a week by posting an interactive activity on the club's website. Rotarians would be counted as present at an e-club meeting if they participated in the interactive activity during the week it was posted.

If the legislation is not approved, pilot e-clubs would be required to become traditional clubs or terminate their membership in RI.

Delegates will also be considering a proposal from the RI Board of Directors seeking a slight increase in the per capita dues Rotary clubs pay to RI. Per capita dues are presently set in the bylaws at \$50 for 2010-11. The proposal would affect the subsequent three years.

### Delegates will also consider legislation that would

- \* Alter the requirement that all members receive a subscription to The Rotarian or another Rotary World Magazine Press publication
- \* Affect the frequency of meetings
- \* Create a new category of membership for corporate members
- \* Add youth service as a fifth Avenue of Service
- \* Request that the Board consider promoting EarlyAct, RotaKids, and Elderact as structured programs of RI

## **Rotary's Wheel Emblem**

*A wheel has been the symbol of Rotary since our earliest days. The first design was made by Chicago Rotarian Montague Bear, an engraver who drew a simple wagon wheel, with a few lines to show dust and motion. The wheel was said to illustrate "Civilization and Movement." Most of the early clubs had some form of wagon wheel on their publications and letterheads. Finally, in 1922, it was decided that all Rotary clubs should adopt a single design as the exclusive emblem of Rotarians. Thus, in 1923, the present gear wheel, with 24 cogs and six spokes was adopted by the "Rotary International Association." A group of engineers advised that the geared wheel was mechanically unsound and would not work without a "keyway" in the center of the gear to attach it to a power shaft. So, in 1923 the keyway was added and the design which we now know was formally adopted as the official Rotary International emblem.*

## **USEFUL HOUSEHOLD TIPS :**

**Onion & Garlic Odors:** To deodorize a plastic storage container in which onions or garlic were stored, wash thoroughly, then stuff a crumpled piece of newspaper in the container, and snap on the lid. In a few days the smell will disappear.

**Ink Stains:** The best way I have found to get out ink stains is to put rubbing alcohol on the stain - it disappears! This must be done before washing.

## **HEALTH TIPS**

### **1. ACNE, BLACKHEADS, AND PIMPLES:**

- Dab a small amount of toothpaste (paste, not gel) on pimples before bed; this helps dry out the pimples.
- Mix equal amounts of lemon juice and rose water, apply to face with a cotton ball, and allow to sit for 30 minutes before rinsing. 15-20 days of this application helps cure pimples and also helps to remove blemishes and scars.
- Apply fresh lemon juice on the affected area overnight. Wash off with warm water next morning.
- For acne that hasn't seemed to respond to anything, steep 2-3 tsp. dried basil leaves in 1 cup boiling water for 10-20 minutes, cool, and apply to affected area with a cotton ball.

### **2. DIARRHEA:**

Eat boiled sweet potatoes seasoned with salt and pepper before bedtime to cure chronic diarrhea.

### **3 .Great ECOLOGY TIPS:**

1) If you buy "long life" products (such as batteries and light bulbs) or "concentrated" products, (such as juices or detergents) you not only prevent buying unnecessary packaging, but you prevent more products from ending up in a landfill!

2) If you buy less disposable items or none at all (cloth napkins, towels and diapers instead of paper ones), you prevent more things from ending up in a landfill, and you don't use any packaging.

3) If you bring your own bags to the store with you, you not only prevent having to recycle additional bags, you recycle an existing bag.

## ANSWERS: APRIL CROSSWORD

<b>ACROSS:</b> 1. FUN 4. WARMER 6. EASTER 8. RAIN 9. APRIL	<b>DOWN:</b> 1. FLOWERS 2. GREEN 3. UMBRELLA 5. SPRING 7. THIRTY
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## Greetings

<b>SWARNPATH wishes the following a HAPPY BIRTHDAY</b>	
Rtn. Gautam Sachdeva	29 <sup>th</sup> April
Rty'ne Gursharan W/o Rtn. Jagdeep Singh	28 <sup>TH</sup> April
Rty'ne Pooja W/o Rtn. Surinder Batra	29 <sup>th</sup> April
Annet Srishti D/o Rtn. Sanjeev Sareen	28 <sup>th</sup> April
Annet Bhavik S/o Rtn. Gautam Sachdeva	28 <sup>th</sup> April



<b>SWARNPATH extends Best Wishes for a happy wedded life</b>	
Rty'ne Megha & Rtn. Gautam Sachdeva	29 <sup>th</sup> April
Rty'ne Monika & Rtn. Ashish Batra	29 <sup>th</sup> April
Rty'ne Gunjan & Rtn. Navneet Garg	30 <sup>th</sup> April

## Laughter –The Best Medicine

### God is with you

Neha reported for her university final examination that consisted of "yes/no" type questions. She took her seat in the examination hall and stared at the question paper for five minutes.

In a fit of inspiration, she took her purse out, removed a coin and started tossing the coin and marking the answer sheet - Yes for Heads and No for Tails. Within half an hour she was all done, whereas the rest of the class was still sweating it out.

During the last few minutes, she was seen desperately throwing the coin, muttering and sweating. The moderator, alarmed, approached her and asked what was going on. Her reply was, "I finished the exam in half and hour, but I'm rechecking my answers."

**Webmaster**  
Rtn. Rajeev Garg

**Editor:**  
PP Rtn. Vijay Mehta